



# Man-pleasing Recipes



**No man likes the same thing every night!** Here is an array of ways to add zest to your menus—entrees with meat, chicken or seafood. Recipes for the vegetable part of the plate or for the elegant dinner. Tasty—try them!

## Honey Rice

Not illustrated

- 3 cups cooked rice
- ½ cup seedless raisins
- 2½ cups milk
- ½ cup honey
- 2 tablespoons butter or margarine
- 1 teaspoon grated lemon peel
- 1 tablespoon lemon juice

Combine rice, raisins, milk, honey, and butter. Bring to a boil, reduce the heat, and simmer for 15 minutes, stirring occasionally. Stir in lemon peel and juice.

*Makes 6 servings.*

## Rice a la Roast

Featured on our cover.

- 1 cup chopped green onions with tops
- ½ cup chopped green pepper
- 2 tablespoons butter or margarine
- 3 cups hot cooked rice, cooked in beef broth
- 3 tablespoons chopped pimiento
- Salt and pepper

Saute onions and green pepper in butter until tender crisp. Add rice and pimiento. Toss lightly. Adjust seasonings to taste. Serve with your favorite roast.

*Makes 6 servings.*

## Serving Suggestions

Substitute beef or chicken bouillon for water when cooking rice.

Add crumbled bacon and Cheddar cheese to hot cooked rice.

Tasty breakfast idea—add cream, sugar, and fruit to hot or cold cooked rice.

Add sour cream and chives to hot cooked rice.

Toss hot cooked rice with chopped ripe olives.

Add cooked rice to sauteed onions and mushrooms; heat.

Try hot cooked buttered rice with toasted sliced almonds.

Add flavor to cooked rice with seasoned salt, dry salad dressing mix, or curry powder.

Oven Method for Cooking Rice: Measure proportions specified on package, using boiling liquid. Place ingredients in baking dish; cover. Bake at 350 degrees until rice is tender and liquid absorbed (about 10 minutes longer than the top-of-the-range method).

Rice Souffle: 1 cup heavy white sauce; 4 eggs, separated; 1 cup cooked rice; 1 cup grated Swiss or sharp cheese. Combine sauce with slightly beaten egg yolks and rice. Beat egg whites until stiff but not dry. Fold into rice mixture. Pour into an ungreased two-quart casserole and bake for 1 hour at 325 degrees.







## Chicken Taos with Rice

- 12 pieces (about 2 pounds)  
choice chicken parts
- ¼ cup flour
- 2 teaspoons salt
- ¼ teaspoon pepper
- ¼ cup butter or margarine
- 1 cup chopped onions
- ¼ teaspoon garlic powder
- 2 tablespoons Worcestershire  
sauce
- 1 cup chili sauce
- 1½ cups chicken broth
- ½ cup dry sherry
- 3 cups hot cooked rice

Roll chicken in combined flour, salt, and pepper. Brown in butter. Push chicken to one side. Add onions; saute until transparent. Stir in remaining ingredients except rice. Bring to a boil, cover, reduce heat and simmer for 35 minutes. Serve chicken and sauce over beds of fluffy rice.

*Makes 6 servings.*



- 1½ pounds sirloin steak, cut in strips ½ inch thick
- 1 tablespoon paprika
- 2 cloves garlic, crushed
- 2 tablespoons butter or margarine
- 1 cup sliced green onions with tops
- 2 green peppers, cut in strips
- 2 large fresh tomatoes, diced
- 1 cup beef broth
- ¼ cup water
- 2 tablespoons cornstarch
- 2 tablespoons soy sauce
- 3 cups hot cooked rice

Sprinkle steak with paprika and allow to stand while preparing other ingredients. Cook steak and garlic in butter until meat is browned. Add onions and green peppers; continue cooking until vegetables are wilted. Add tomatoes and broth; cover and simmer about 15 minutes. Blend water with cornstarch and soy sauce. Stir into steak and cook until thickened. Serve over beds of fluffy rice.

*Makes 6 servings.*

## Pepper Steak Caballero

**Festive, flavorful... fantastic!**







## Lemon Pilaf

**Make it once... you'll make it often.**

- 1 cup sliced celery
- 1 cup chopped green onions with tops
- 2 tablespoons butter or margarine
- 3 cups cooked rice
- 1 tablespoon grated lemon rind
- 1 teaspoon salt
- ¼ teaspoon pepper

Saute celery and onions in butter until tender. Add rice, lemon rind, and seasonings; toss lightly. Continue cooking over low heat about 2 minutes or until thoroughly heated, stirring occasionally. Serve with broiled chicken, breast of veal, or baked or broiled fish and your choice of condiments, such as raisins, chutney, sliced almonds, toasted coconut, or crisp crumbled bacon.

*Makes 6 servings.*



- 3 cups hot cooked rice
- 1½ cups grated Cheddar cheese
- 3 tablespoons butter or margarine
- ½ teaspoon curry powder
- 2 slices bread, crumbled or cubed

Toss rice with 1 cup cheese. Spoon into buttered baking dish; top with remaining cheese. Bake at 350° for 10 to 15 minutes or until cheese melts.

Meanwhile, melt butter; stir in curry. Add bread crumbs and brown lightly. Remove rice from oven; sprinkle with curried crumbs.

*Makes 6 servings.*

## Rice au Gratin

**For a tasty change... Switch from Routine to Rice!**







## Rice Jardin

A garden of flavor, fresh or canned.

- $\frac{3}{4}$  cup chopped onions
- $1\frac{1}{2}$  pounds zucchini, thinly sliced
- 3 tablespoons butter or margarine
- 1 can (1 pound) whole kernel corn, drained
- 1 can (1 pound) tomatoes
- 3 cups cooked rice
- $1\frac{1}{2}$  teaspoons salt
- $\frac{1}{4}$  teaspoon pepper
- $\frac{1}{4}$  teaspoon ground coriander
- $\frac{1}{4}$  teaspoon leaf oregano

Saute onions and zucchini in butter until tender. Add remaining ingredients. Cover and simmer 15 minutes.

*Makes 8 servings.*

*For smaller number of servings, freeze part for later use.*



- |  |   |
|--|---|
| 1½ pounds lean beef chuck, cut in cubes      | ¼ teaspoon garlic salt                      |
| 2 teaspoons bottled browning sauce, optional | ¼ teaspoon pepper                           |
| 2 teaspoons vegetable oil                    | 1 small bay leaf                            |
| 1 can (1 pound) tomatoes                     | 8 small white onions                        |
| ½ cup Burgundy wine                          | 8 young carrots, peeled and cut in quarters |
| 1 beef bouillon cube                         | 2 tablespoons cornstarch                    |
| 1½ teaspoons salt                            | ¼ cup water                                 |
| ½ teaspoon basil                             | Rice Verte*                                 |

## Beef Burgundy Stew with Rice Verte

Guaranteed... man pleasin'.

Place meat in bowl. Sprinkle with bottled browning sauce and toss lightly until evenly coated. Brown in oil.

Add tomatoes, wine, bouillon cube, and seasonings. Cover and simmer for 45 minutes. Add onions and carrots. Cover and cook 45 minutes longer or until meat and vegetables are tender.

Blend cornstarch and water. Stir into stew mixture and cook, stirring frequently, until thickened. Remove bay leaf. Serve over Rice Verte\*.

*Makes 4 servings.*

### \*Rice Verte

- ¼ cup finely chopped onion
- 2 tablespoons butter or margarine
- 3 cups hot cooked rice, cooked in beef broth
- 2 tablespoons minced parsley
- Salt and pepper

Saute onion in butter until tender. Add rice and parsley; toss lightly. Season to taste with salt and pepper.





3 slices bacon, diced  
3 cups cooked rice  
¼ cup chopped chives  
½ teaspoon salt  
⅛ teaspoon pepper  
1 tablespoon Worcestershire  
sauce

Cook bacon until crisp. Add rice, chives, and seasonings. Blend well and heat thoroughly.

*Makes 6 servings.*

## **Bacon Chive Rice**

**Simple, economical, and he'll love it.**







# Beef Choufleur

**A taste innovation!**

- 1 pound boneless round steak,  
cut 1/3 inch thick
- 1 small head cauliflower
- 2 tablespoons butter or  
margarine
- 1 green pepper, cut in 3/4 inch  
pieces
- 1/4 cup soy sauce
- 1 clove garlic, minced
- 2 tablespoons cornstarch
- 1/2 teaspoon sugar
- 1 1/2 cups beef broth or water
- 1 cup sliced green onions  
with tops
- 3 cups hot cooked rice

Cut meat into 1/2 inch squares. Separate cauliflower into flowerettes (about 4 cups). Brown meat in butter about 5 minutes. Add cauliflower, green pepper, soy sauce, and garlic. Stir lightly to coat vegetables with soy sauce. Cover pan and simmer until vegetables are barely tender, about 10 minutes. Blend cornstarch, sugar, and beef broth. Add to meat mixture with green onions. Cook, stirring constantly, until thoroughly heated and sauce is thickened. Serve over beds of fluffy rice.

*Makes 6 servings.*



# Crown Roast of Pork with Rice d'Orange

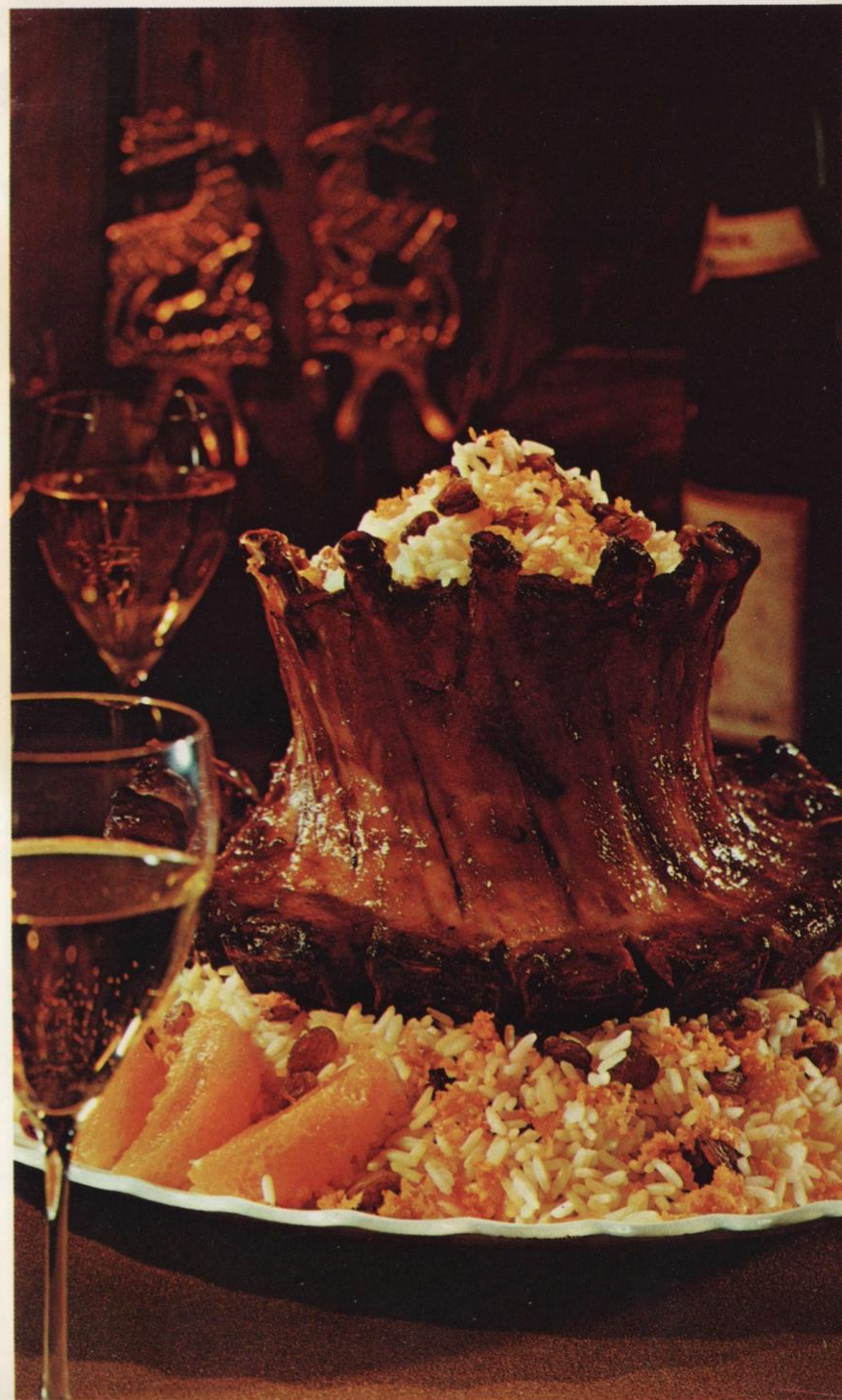
Per serving, the economy will surprise you.

- 1 crown roast of pork, 14 to 16 ribs
- Salt and red pepper
- 1 cup chopped onions
- 1 tablespoon butter or margarine
- 2 teaspoons salt
- 1 teaspoon thyme
- ½ cup seedless raisins
- ½ cup orange juice
- ¼ cup dry sherry
- 6 cups hot cooked rice  
(cooked in chicken broth)
- 2 tablespoons grated orange peel
- 2 oranges, peeled and sectioned

Have meat man prepare crown roast. Season inside and out with salt and pepper. Place, ribs down, in shallow pan. Roast at 325°, basting occasionally, for about 2½ hours or until meat at center registers 175° on meat thermometer. Meanwhile, saute onions in butter until soft but not brown. Add salt, thyme, raisins, orange juice, and sherry. Cover and cook over low heat about 5 minutes or until raisins are plump. Stir in rice and 1 tablespoon orange peel, tossing lightly to blend well.

About 15 minutes before the meat is done, remove from oven. Pour off pan juices and reserve to make gravy, if desired. Turn roast, rib ends up. Fill center with orange rice. Spoon remaining rice around roast. Cover with foil to prevent drying of rice and return to oven until meat is fully cooked. Sprinkle with remaining orange peel and garnish with orange sections before serving.

*Makes 7 to 8 servings, 2 ribs each.*





- 2 tablespoons butter or margarine, melted
  - 3 tablespoons flour
  - 1 can (10  $\frac{3}{4}$  ounces) condensed cream of shrimp soup or
  - 1 can (10  $\frac{3}{4}$  ounces) condensed cream of celery soup
  - $\frac{1}{2}$  cup chicken broth
  - $\frac{1}{4}$  cup Sauterne
  - 4 teaspoons lemon juice
  - $\frac{1}{2}$  teaspoon each seasoned pepper, salt, and onion powder
  - $\frac{1}{4}$  teaspoon tarragon
  - 1 pound peeled deveined raw shrimp or 2 to 3 cups cooked crab meat or lobster
- Pimiento Rice\*

Blend butter and flour until smooth. Slowly add soup, broth, Sauterne, lemon juice, and seasonings. Cook, stirring constantly, until thickened. Add shrimp and cook 5 to 10 minutes longer. Serve over Pimiento Rice\*. Sprinkle with fresh parsley.

*Makes 6 servings.*

**\*Pimiento Rice**

- 1 cup chopped onions
- 2 tablespoons butter or margarine
- 3 cups cooked rice
- $\frac{1}{4}$  cup diced pimiento

Saute onions in butter until tender. Add rice and pimiento, and cook until thoroughly heated.

## Shrimp Tarragon with Pimiento Rice







## Royal Rice

**A pleasant change, easy to prepare and low calorie, too.**

- ½ cup finely chopped green onions with tops
- 2 tablespoons butter or margarine
- 3 cups cooked rice (cooked in beef broth)
- 1 can (4 ounces) sliced mushrooms, drained
- 1 teaspoon salt

Saute onions in butter until tender. Add rice, mushrooms, and salt. Heat thoroughly. Fluff lightly with a fork.

*Makes 6 servings.*



A collage on a dark, textured background. At the top are two small, square, sepia-toned photographs of vintage cars. Below them is a still life of fruit, including a bunch of green grapes, a banana, and some red fruit. A white, torn-paper-like shape cuts across the middle of the collage.

**Enjoy rice  
a new way  
today.**

A small, detailed illustration of a single rice stalk with a seed, positioned above the organization's name.

**RICE COUNCIL OF AMERICA**  
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